

Naval Station
Newport



LEISURE TIMES

Your information for MWR, Child & Youth Programs, Galley, Fleet & Family Support Center, Family Housing, Navy Gateway Inns & Suites at Newport, R.I.



Disney Character Brunch



SUNDAY, JANUARY 29

10 a.m. to 1 p.m. at the Officers' Club

- BRUNCH
- PICTURES
- ARTS & CRAFTS

Adults \$16.95 • Children (three to 12) \$7.95
Children two and under free

Tickets are required and must be purchased in advance at the ITT office, building 1255, Wednesday through Friday 10 a.m. to 6 p.m. Seating is limited so get your tickets early! Patrons must have base access to attend. For more information, call 841-3116.



FREE
EVENT

FITNESS & SPORTS HEALTH & WELLNESS EXPO AT GYM 109

Wednesday, January 11 from 3 to 6 p.m.



- Exercise
- Nutrition
- Leisure activities
- Preventative care
- Local community services
- Interactive live demonstrations of Zumba, Spinning, Kettlebells, TRX & more

Got questions? Call Gym 109 at 841-3154.



For more information,
call ITT at 841-3116 or
stop by Wednesday through
Friday, 10 a.m. to 6 p.m.

Area Lift Tickets

Wachusett Mountain Princeton, MA

Anytime \$46.50
Weekday \$42.50
Night \$38.50

Loon Mountain Lincoln, NH

Anytime \$70.50

Waterville Valley NH

Adult Weekend/Holiday \$60.50
Teen Weekend /Holiday \$50.50



Providence Bruins

Flex tickets \$14.50 each

Movie Tickets

Island Cinema

\$7.25 each

Showcase Cinema

\$8.50 each

Jane Pickens

\$6.75 each



Newport County Dinner Club

Two-for-one dinners at over
70 area restaurants
\$18.50 each



656 Whipple Street Newport, RI 02841

The information contained in this issue
was current at the time of publication.
Activities, events and hours of operation
are subject to change.

All events are open to patrons with base
access unless otherwise noted.

For more information, visit
<https://www.cnic.navy.mil/Newport>,
email kelly.conner1@navy.mil to be added to the
MWR Email Blast list or call (401) 841-4992.

Looking for a job? Check to and see what we're
hiring for at [https://www.cnic.navy.mil/cnrma/
about/jobs/nsnewport](https://www.cnic.navy.mil/cnrma/about/jobs/nsnewport)

Are you on Facebook? Become a "fan" of
Naval Station Newport RI's page

The Navy nor any other part of the federal
government officially endorses any company,
sponsor, or their products or services.

★ **SALUTE EXTENDED THROUGH 2012** ★

**BUY YOUR
MILITARY
PROMOTIONAL
TICKETS NOW!**



WALT DISNEY World ® Resort

4 Theme Parks...4 Hopper Days...4 Only \$135.50

**That's a savings of close to 49% off our ticket
window price. Purchase your 4-Day Military
Promotional Ticket with Park Hopper® Option today
at ITT, Building 1255!**

**4 Day Base Ticket...with 4 Fun Visits...
4 Only \$135.50**

Regular adult price \$304.59
Regular Child price \$280.10

4 Day Hopper.. with 4 Fun Visits... 4 Only \$162.00
Regular Adult Price \$362.10
Regular Child Price \$337.61

**Deals are for U.S. Military only. Active duty
personnel, retirees and spouses may
purchase up to six tickets. Six tickets in
total may be purchased per service member.**

**Fun visits include Disney's Typhoon
Lagoon, Disney's Blizzard Beach, Disney's
Oak Trail Golf Course, Disney Quest Indoor
Interactive Theme Park, and Disney's Wide
World of Sports Complex**

Check with ITT for complete details!

Recreation Center, Building 656

ENLISTED CLUB

ALL HANDS LUNCH

The E'Club is open to all base patrons! Order lunch in the E'Club or Seaview Lanes Monday through Friday starting at 11 a.m.

ALL-YOU-CAN-EAT LUNCH SPECIALS

Tuesday - Soup & Salad \$5.75
Wednesday - Pizza & Salad \$6.75
Thursday - Taco Bar \$6.50

SEAVIEW LANES BOWLING CENTER

REGULAR RATES

Bowling \$3.50* - Shoe Rental \$2

XTREME BOWLING

Music, flashing lights, everything glows in the dark...\$4* on Saturday nights 8 to 11 p.m.

MONDAY

Active duty military bowl for \$1 per game* 11 a.m. to 5 p.m.

TUESDAY

Bowl for \$1 per game* 11a.m. to 2 p.m. League starts at 6 p.m.

WEDNESDAY

Bowl one game, get one game free 11 a.m. to 5 p.m. League starts at 6 p.m.

THURSDAY

1st game is \$3*, 2nd game is \$2*, 3rd game is \$1*. All three games must be bowled at one time for special pricing 11 a.m. to 8 p.m.

FRIDAY

Bowl for \$2 per game* 11 a.m. to 5 p.m. League starts at 6 p.m.

SUNDAY

Wear your favorite team's football jersey and bowl for half price*. Anyone 55 years old or older bowls for just \$1 per game* valid ID required.

* All rates are per person

New Year's Day January 1

Extreme bowling all day, bowl for \$2.50 per game*

Martin Luther King, Jr. Day, January 16

Bowl for half price



Looking for a casual place to get together with friends? Book a bowling package which includes bowling, shoes and food and drinks for \$10 per person. For more information, call 841-2194.

FREE MOVIE...

Every other Thursday night and Saturday afternoon. Call Seaview Lanes at 841-4293 to see what's playing.

OUTDOOR RECREATION RENTAL

Got your own gear? Bring it in for a tune-up!

SKI OR SNOWBOARD TUNE-UPS

Complete \$28

Wax, edge sharpening or Base with p-tex \$12

ICE SKATE SHARPENING

\$6 per pair

ORR is open Monday through Friday 3 to 6 p.m. Saturday 9 a.m. to 1 p.m. For more information, call 841-2568.



EVERY SUNDAY, WATCH NFL FOOTBALL GAMES!

In the Enlisted Club, CPO Club or Seaview Lanes all located in Building 656!

Sam Adams Bottle \$2.50

Two dogs & baked beans \$4

Chicken sandwich & tater tots \$4

Double cheeseburger slider & tater tots \$4.75

Sun	Mon	Tue	Wed	Thurs	Fri
College Bowl Games with snacks 1/1/12!	Ping-Pong Tournament Prizes!	Wii Sports Tournament Prizes!	Madden Tournament 6 p.m. Prizes!	Guitar Hero Tournament 6 p.m. Prizes!	Billards Tournament 6 p.m. Prizes!
NFL Sunday Ticket!	★ ★ ★ LIBERTY Navy Morale, Welfare and Recreation JANUARY EVENTS	Sat	7 th - Free Brownie Day, While they last!		21 st - Free Cookie Day, While they last!
Texas Hold'em Tournament 6 p.m. Prizes!!			14 th - Paintball Trip, sign up early!		28 th - Wachusett Ski Trip, sign up early!

The Liberty Center has eight computers and wireless Internet access, so bring your own laptop and log on anywhere in the building. Check out the billiards, foosball and ping-pong tables, three flat screen televisions for Xbox, Xbox 360, PlayStation 2, PlayStation 3 and Wii video systems, a TV lounge and dining area. There is a movie room where free movies from the Navy Motion Picture Service are shown - see movies six weeks before they're out on DVD!

This facility is alcohol-free and is open to active duty military personnel and reservists who are single or unaccompanied.

For more information, call 841-3054 or visit the Liberty Center at building 656.

FITNESS & SPORTS

Gym 109 Front desk
841-3154

Pool 307
841-6628

Refrain From The Holiday Gain

January 3-6 Final Weigh-ins

Don't forget to weigh back in at Gym 109
from January 3 through 8.

Group Fitness Class

Start Tuesday, January 3

This is our best schedule ever, focusing on function, form and fun! Here is a sample of the new classes at Gym 109:

- Kettlebells
- Functional Movement
- Cardio Challenge
- Power Cycle on our new LiveStrong Spin Bikes
- Zumba & Youth Zumba
- Total Body Pump
- TRX

Make Your Way Across America

January 3 through April 22

This journey is 3000 simulated miles from Naval Station Newport, RI to Naval Station San Diego, CA using fitness equipment, taking a fitness class, swimming laps or running. Patrons will be awarded one mile for every 10 calories burned, approximately 30,000 calories will be burned during this 16-week challenge.

Healthy Family Meal Planning Informational Days

Tuesday, January 17 & Wednesday, January 18

from 11 a.m. to 1 p.m.

Discover easy changes in meal planning to benefit the whole family. We are here to help so bring your questions, we'll have the answers and you can take notes!



Cornell Swim Academy Youth Swim Lessons

Lesson Dates:
February 6-March 8

Registration Dates: January 30-February 4

\$56.00 (4 weeks)
\$70.00 (5 weeks)

The fee for class is per child and is due at time of registration. Cash, check or money order only are accepted, credit/debit cards are not accepted. Classes will run two times a week for five weeks; registration is on a first come first serve basis. Registration is accepted during normal pool operating hours: Monday, Wednesday and Friday 10:30 a.m. to 1:30 p.m. and 3 to 6 p.m.; Tuesday and Thursday 6 to 8 a.m., 11 a.m. to 1 p.m. and 3 to 6 p.m.; Saturday 9 a.m. to noon.

For more information, call Pool 307 at 841-6628 or email cornellswimacademy@hotmail.com

Wherever you're headed...

Navy Gateway Inns & Suites may already be there.

A long weekend is ideal for an out-of-town trip or having friends and family come to visit. If you are a NAP or DoD employee, active duty, or retired military, you are eligible to stay at Navy Gateway Inns & Suites facilities. And you can sponsor friends and family to stay there, too.

Creating comfortable guest services for those we serve: Today and Tomorrow.

Navy Gateway Inns & Suites

Make your reservations today by calling
1-877-NAVY-BED (1-877-623-9233)
or visiting www.dodlodging.net



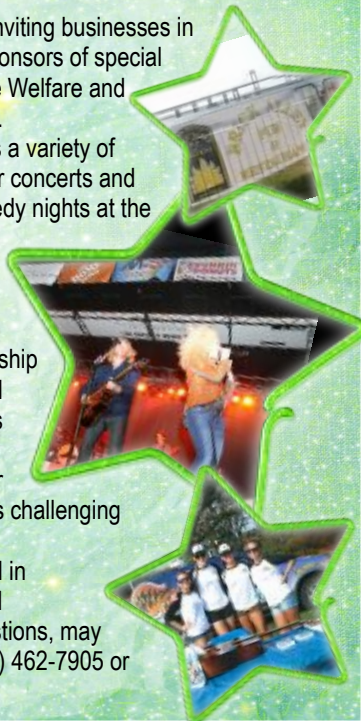
Welcomes Business Sponsors

Navy Mid-Atlantic is inviting businesses in the private sector to become sponsors of special events scheduled by the Morale Welfare and Recreation Department in 2012.

MWR Newport stages a variety of special events, such as summer concerts and car show on Dewey Field, comedy nights at the Officers' Club, the Halloween Haunted trail at Carr Point Recreation Area, the Sprint Triathlon and others.

We welcome sponsorship from local, regional and national businesses to promote products and/or services. This strategic partnership can be a win-win for all participants, especially in this challenging business environment.

Businesses interested in sponsoring Morale, Welfare and Recreation events or have questions, may contact Debbie Hansley at (757) 462-7905 or dhansley@mwрма.com.



The Sun shines on everyone.

Could you use some Sun? With nearly 7,000 slot machines, over 350 table games, 80 shops, restaurants and bars, a world-class hotel and spa, a 10,000-seat Arena, a championship golf course and over 100,000 square feet of premium meeting space, you'll find a million different ways to play. Mohegan Sun is conveniently located in southeastern Connecticut in Mystic Country. For more information, visit mohegansun.com.





All workshops are held at the Fleet and Family Support Center, building 1260 (next to the Navy Federal Credit Union), unless otherwise noted. Registration is required and may be made by calling 841-2283. Active duty personnel, retirees, family members, reservists and DoD employees are welcome. All programs require a level of scheduling, staffing and purchasing of course material, so please register early.

January Programs & Workshops

2nd – FFSC closed for New Year's Day holiday

10th – Sexual Assault Prevention & Response (SAPR) Refresher Training, 9 a.m. to noon

This training is for SAPR victim advocates that need refresher training to remain active in the SAPR program. Fifteen hours of refresher training is required per year.

12th – Resumes that Work, 11:30 a.m. to 1 p.m.

A resume is one of your most important tools when looking for a job. Learn how to prepare an effective resume that will get you an interview. This workshop will cover what to include on your resume, which format to use and other resume writing tips.

16th – FFSC closed for Martin Luther King Day

17th – New Spouse Orientation to the Military, 9:30 to 11:30 p.m.

This program will offer information for new spouses on the military lifestyle, benefits and services available to them, and tools to assist them in maintaining a state of preparation for deployment or other military-related separation. This program is offered for all new spouses or those spouses who have never lived near a military installation before.

18th – You Aren't Helpless to Anger, 8 a.m. to noon

We sometimes feel our emotions have been hijacked by anger and our behavior is out of our control. This workshop surveys the emotion we call 'anger' and describes skills and methods we can use to regain control and to manage angry feelings safely and constructively.

19th – Thoughts & Feelings Seminar: Uncovering Automatic Thoughts, 1 to 3 p.m.

This class will focus on the ABC model of automatic thinking as thoughts cause feelings. You will learn about the negative feedback loop, nature of automatic thoughts and how to listen and record those thoughts for improved effectiveness with friends, family and workers.

23rd-26th – Sexual Assault Prevention & Response (SAPR) Victim Advocate Training, 8 a.m. to 3 p.m.

Victim advocates provide information, support, guidance and reporting options for victims of sexual assault. The training covers the roles and responsibilities of victim advocates. Trained victim advocates are placed on the installation-wide watch bill on a rotating basis. Victim advocates are designated by command and screened by the Naval Station Newport Sexual Assault Response Coordinator.

25th – Homebuyers' Workshop, 6 to 8 p.m.

Purchasing a home is a complex task. There are many questions that need to be answered before you take that big step. Come and learn about your options and how to decipher real estate lingo. You will meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop.

30th – Communication: For Better or for Worse, 1 to 3 p.m.

Our romantic relationships so often start out comfortable, satisfying and exciting. Along the way, we all face challenges, some anticipated and others surprise us. The freshness and the vitality can seem replaced by tedium and disappointment. This workshop surveys factors which push our relationships off-course, and provides ideas and resources for restoring some of our original satisfaction and excitement.

31st – Develop Your Spending Plan, 2 to 4 p.m.

Class includes - setting goals that are SMART (Specific, Measurable, Action-Oriented, Realistic, and Timely); learn to distinguish between net, gross, and disposable income; learn how to complete a financial planning worksheet consisting of calculations of net worth, monthly income, monthly savings and living expenses, indebtedness and debt-to-income ratio; we also look at options to increase income, decrease expenses and decrease indebtedness. Please bring your personal laptop, with Excel software, so you can work on your spending plan.

February Programs & Workshops

1st – Exceptional Family Member Program Point of Contact Workshop, 1 to 3 p.m.

6th-10th – Transition Assistance Management Program (TAMP), 8 a.m. to 4 p.m.

7th – Sponsor Training, 1 to 2 p.m.

7th – Ombudsman Assembly Meeting hosted by Navy Supply Corps School, 6 to 8 p.m.

8th – Disaster Preparedness for Families, 9 to 10:30 a.m.

9th – Sexual Assault Prevention and Response (SAPR) Liaison Training, 8:30 to 10:30 a.m.

13th-15th – Ombudsman Basic Training, 9 a.m. to 4 p.m.

16th – Take the Mystery Out of Federal Employment, 11:30 a.m. to 1 p.m.

16th – Gambling Awareness, 1 to 3 p.m.

20th – FFSC closed for President's Day Holiday

21st – Acing the Interview, 11:30 a.m. to 1 p.m.

21st – Reading Your Credit Report, 2:30 to 4 p.m.

22nd – SAPR Point of Contact Training, 8 a.m. to noon

22nd – SAPR Data Collection Coordinator Training, 1 to 3 p.m.

23rd – Thoughts & Feelings Seminar: Changing Patterns of Limited Thinking, 1 to 3 p.m.

28th – Assertiveness in the Workplace, 1 to 3 p.m.

29th – Stress: Too Many Balls in the Air, 8 a.m. to noon

29th – Homebuyers' Workshop, 6 to 8 p.m.

Housing Referral Office



Homes are available for rent to a selected list of affiliated groups. Furnished homes are now available for bachelors to share!

- *Active duty military*
- *Military retirees*
- *Active guard & reserve*
- *DoD employees*
- *Unaccompanied military families*

Communities offer a wide-range of recreational amenities.
For more information, call 841-2232.

Ney Hall Galley



Meal Prices

Breakfast \$2.30
Lunch & Dinner \$4.25

Phone Numbers

Galley Office 841-1083
Food Service Officer 841-2048
Menu recording 841-4445

The galley is not open to retirees or civilians.
***Rations-in-kind customers eat for free with valid ID card**

FFR Directory

Area code for Rhode Island is 401

AUTO SKILLS CENTER	building 1285.....	841-3026
Monday - Wednesday	closed	
Thursday & Friday	11 a.m. to 7 p.m.	
Saturday	9 a.m. to 5 p.m.	
Sunday	10 a.m. to 5 p.m.	
CHILD AND YOUTH PROGRAM		
CHILD DEVELOPMENT CENTER	building 1376.....	841-4562
Monday - Friday	6:15 a.m. to 5:30 p.m.	
Weekends & Holidays	closed	
CHILD DEVELOPMENT HOME	building 1376.....	841-1953
SCHOOL AGE CARE	building 1297.....	841-2883
Monday - Friday	6:15 a.m. to 5:30 p.m.	
Weekends & Holidays	closed	
TEEN CENTER	building 1297.....	841-2043
Thursday (ages 9 & up).....	5 to 8 p.m.	
Friday (ages 9 & up).....	5 to 9 p.m.	
Saturday (ages 9 - 12)	1 to 4 p.m.	
Saturday (ages 13 & up).....	5 to 9 p.m.	
Sunday - Wednesday & Holidays.....	closed	
FLEET & FAMILY SUPPORT CENTER	building 1260.....	841-2283
Monday - Friday	7:30 a.m. to 4 p.m.	
Weekends & Holidays	closed	
GYM 109	building 109.....	841-3154
Monday - Thursday	5 a.m. to 9 p.m.	
Friday	5 a.m. to 7 p.m.	
Saturday.....	7 a.m. to 5 p.m.	
Sunday	9 a.m. to 4 p.m.	
Holidays	9 a.m. to 5 p.m.	
Thanksgiving & Christmas Day	closed	
HARBOR ISLAND	building 684.....	841-3420
CONFERENCE CENTER		
MWR AMERICA'S CUP CAFÉ	building 684.....	841-2108
Monday - Friday	6:30 a.m. to 2 p.m.	
Weekends & Holidays	closed	
HOUSING REFERRAL OFFICE	building 690.....	841-2232
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
LEISURE BAY	building 1255.....	841-2088
INTERNET CAFÉ/COFFEE SHOP/TICKET EXPRESS		
Monday - Friday	drive thru opens at 6:30 a.m.	
Monday - Friday	9 a.m. to 8 p.m.	
Weekends & Holidays	8 a.m. to 6 p.m.	
ITT OFFICE	building 1255.....	841-3116
Saturday - Tuesday & Holidays.....	closed	
Wednesday - Friday	10 a.m. to 6 p.m.	
MARINA	building 1397.....	841-3283
Closed for the season		
MWR NWC CAFÉ	Hewitt Hall	841-4655
Monday - Thursday	6:30 a.m. to 3 p.m.	
Friday	6:30 a.m. to 2 p.m.	
Weekends & Holidays	closed	
NAVY GATEWAY INNS & SUITES	building 1312.....	841-7900
NEY HALL GALLEY	building 292.....	841-4445

OFFICERS' CLUB	building 95.....	841-4821
CATERING	building 95.....	841-1442
TOPSIDE RESTAURANT	building 95.....	841-1444
Monday - Thursday	11 a.m. to 9 p.m.	
Friday	11 a.m. to 10 p.m.	
Saturday.....	4 to 10 p.m.	
Sunday	noon to 8 p.m.	
Holidays	closed	
POOL 307	building 307.....	841-6628
Monday, Wednesday & Friday	10:30 a.m. to 1:30 p.m. & 3 to 6 p.m.	
Tuesday & Thursday.....	6 to 8 a.m.; 10:30 a.m. to 1:30 p.m. & 3 to 6 p.m.	
Saturday.....	9 a.m. to noon	
Sunday & Holidays.....	closed	
RECREATION CENTER	building 656.....	841-2575
RECREATION MANAGER	building 656.....	841-2194
BOWLING CENTER	building 656.....	841-4293
Monday - Thursday	11 a.m. to 8 p.m.	
Friday	11 a.m. to 10 p.m.	
Saturday (Xtreme 8 to 11 p.m.).....	1 to 11 p.m.	
Sunday	1 to 8 p.m.	
Holidays	noon to 6 p.m.	
BUSINESS OFFICE	building 656.....	841-3294
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
CHIEFS' CLUB	building 656.....	841-1117
Monday, Wednesday & Thursday	4 to 9 p.m.	
Tuesday & Holidays	closed	
Friday & Saturday	4 to 10 p.m.	
Sunday	1 to 8 p.m.	
ENLISTED CLUB	building 656.....	841-2575
Monday - Thursday	11 a.m. to 9 p.m.	
Friday	11 a.m. to 10 p.m.	
Saturday.....	4 to 11 p.m.	
Sunday	1 to 8 p.m.	
Holidays	noon to 6 p.m.	
GRAPHICS/MARKETING	building 656.....	841-4992
Monday - Friday	8 a.m. to 4:30 p.m.	
Weekends & Holidays	closed	
HUMAN RESOURCES	building 656.....	841-7697
Monday - Friday	7:30 a.m. to 4 p.m.	
Weekends & Holidays	closed	
LIBERTY CENTER	building 656.....	841-3054
Monday - Thursday	4 to 8 p.m.	
Friday	4 to 10 p.m.	
Saturday.....	noon to 10 p.m.	
Sunday	noon to 8 p.m.	
Holidays	noon to 6 p.m.	
MWR ADMINISTRATIVE OFFICE	building 656.....	841-2643
Monday - Friday	8 a.m. to 4:30 p.m.	841-3855
Weekends & Holidays	closed	
MWR SPECIAL EVENTS	building 656.....	841-3127
OUTDOOR RECREATION RENTAL	building 656.....	841-2568
Monday - Friday	3 to 6 p.m.	
Saturday.....	9 a.m. to 1 p.m.	
Sunday & Holidays.....	closed	



Topside

Hours of Operation

Monday-Thursday 11 a.m. to 9 p.m.

Friday 11 a.m. to 10 p.m.

Saturday 4 to 10 p.m.

Sunday Noon to 8 p.m.

**For more information,
call (401) 841-1442.**

Couples' Night featuring Pat Cottrell

Friday, January 6

Four course meal with wine for \$50 per couple or without for \$45, gratuity not included. Reservations are highly recommended and seatings begin at 5:30 p.m.

Kid's Movie Night Ice Age: Dawn of the Dinosaurs

Saturday, January 14

Kids buffet includes meal, drink and dessert for \$6

Free Peanut Butter Cookies

Tuesday, January 24

The first 100 customers to order lunch at the Officers' Club will receive a free peanut butter cookie for National Peanut Butter Day.

Tuesdays - Kid's Eat Free
Wednesdays - \$10 Steak Night
Thursdays - Lobster Night
Sundays - Every NFL Football Game

**Weekday specials start at 5 p.m. and
Sunday starts at noon. Call for more details.**

Comedy Series

**Wednesday,
January 25
featuring
Jim Dunn**



**At Topside in the
O'Club starting
at 7 p.m. All**

**shows are free and open to anyone
with base access. Comics are geared
for adult entertainment, some word
choices are not family friendly.**

Wine Tasting Event

Friday, January 27

An assortment of wines, hors d'oeuvres and appetizers from 6 to 9 p.m. for \$20 per person. Purchase your advance tickets at ITT Building 1255.

Valentine's Dinner Dance

Friday, February 10

Tickets are \$50 per person and go on sale at the ITT office Building 1255, on Wednesday, January 11 at 10 a.m.

